



USDA-FNS Presents

Loving Your Family... What's It All About?



Participant Handouts

Take-home handouts are provided or suggested for all of the discussion sessions. The handouts are designed to help participants commit to healthy eating or physical activity behaviors. They are available in both English and Spanish.

Use the “**Family Meals-Easy, Tasty and Healthy**” handout to go along with the discussion session of the same name.

Use “**What counts as one cup of vegetables?**” and “**What counts as one cup of fruits?**” handout with the Vegetables and Fruits— Simple Solutions discussion session.

Use the “**Ways to Eat Smart and Move More**” handout to supplement

the How Much?-Food and Physical Activity discussion session.

Additional optional handouts are also suggested as tools to supplement the delivery of the four discussion sessions.

The USDA’s **MyPyramid poster** is used in all of the discussion sessions. One can download the poster and the **MyPyramid for Kids Coloring Page** that is referenced in the sessions from

www.mypyramid.gov

Eat Smart. Play Hard™

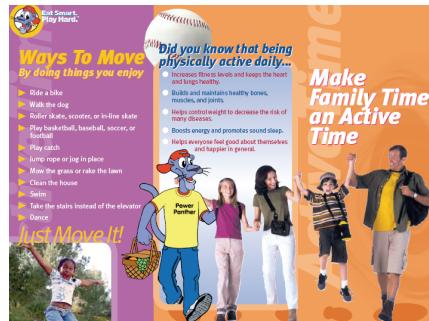
campaign materials are referenced in several of the discussion sessions, including music, movement scripts, and adult brochures. These materials are available at

www.fns.usda.gov/eatsmartplayhard/

Optional Eat Smart. Play Hard™ Brochures



Balance Your Day With Food and Play



Make Family Time an Active Time



Schedule

Online Education Module & Educator’s Handbook

Week 1

Staff Support Kit

Week 2

Promotional Brochures

Week 3

Discussion Sessions

Week 4

Participant Guidebook

Week 5

Participant Handouts

Week 6

Loving My Family...video

Week 7

User Response Card

Week 8

How To Order Materials

For specific ordering details use the following internet addresses to link to the Food Stamp Nutrition Connection web site:

<http://www.nal.usda.gov/foodstamp/orderingmaterials.pdf>

Food Stamp Nutrition Educators can order limited copies of specific materials at:

<http://www.ntis.gov/foodstamp/default.aspx>

Everyone can download materials for free at:

<http://foodstamp.nal.usda.gov/>